# **Duluth Parks and Recreation**

# 2020 WINTER AND SPRING PROGRAMS



duluthmn.gov/parks





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## **Mission Statement**

To promote the health and well-being of our community, environment and economy by facilitating recreational opportunities and coordinating the enhancement of our parks, facilities and natural resources now and into the future.

## **Vision Statement**

To be the central driving force in strengthening the heritage of a healthy, active community for future generations by continuing on the path of improving and enhancing our parks and facilities; protecting our natural resources; and developing partnerships to deliver recreation programs and services.

# **Contact Information**

Parks and Recreation – City Hall (Ground Floor) 411 W. First St. (218) 730-4300

## **GENERAL INFORMATION**

# **Financial Assistance**

The goal of fee assistance is to lower financial barriers to participate in programs for Duluth residents in financial need. Eligibility for the program is determined by completing an application and verifying City of Duluth residency. Qualified household members will be eligible to receive a discounted price on Parks and Recreation program fees. Visit our website for more information duluthmn.gov/parks/activities-events/financial-assistance/

## **Weather Cancellations**

For up to date information on program cancellations or trail closures, call the weather hotline at 218-730-4321, visit our Facebook page, or our website on our weather cancellations page at <u>duluthmn.gov/parks/weather-cancellations</u>.

# Registration

#### **Online**

To register for our programs, please visit the online registration system at **duluthmn.gov/parks/register**. Log in with your username and password or create an account if you don't already have one. Create Account:

- Go to duluthmn.gov/parks/registration
- Select "Create an Account"
- Enter all required information (all family members, contact information and birthdates must be entered – make sure the year is correct)

#### In Person

Duluth Parks and Recreation Office, City Hall Ground Floor, 411 W 1st St., Duluth

For assistance call 218-730-4300

#### **Payment**

Payment must be made at the time of registration by cash, check or credit card. For programs that do not require pre-registration or have a registration deadline, registration and payment can be accepted on site before the start of the program.

#### **Program Cancellation and Refund Policy**

- Participants wishing to withdraw or transfer from a program must do so at least two days prior to the start of the program or by the stated registration deadline to guarantee a full refund.
- Partial refunds after the start of the program are only considered if injury or serious illness occurs and must be approved.
- Refunds can take up to three weeks to process.

# **Photo Policy**

Photographs and video are occasionally taken of participants while they are at programs, special events, city facilities or enjoying parks. Please be aware that these photos may be published by the City of Duluth.



## **ADULT & CHILD**

## Story & Play at Bayfront

**AGES:** 0 - 6

Duluth Parks and Recreation & the Duluth Public Library are joining forces to bring you Story and Play at Bayfront Family Center! Join us for story time and to play outside, skate and warm up by the fire. The Family Center is open before and after story time during warming center hours from noon – 7 p.m.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	<u>LOCATION</u>
Sa	Jan. 25	3:30-4 p.m.	FREE	Bayfront Family Center, 700 Railroad St.

## Play Gym

**AGES:** 0 - 6

Parks and Recreation provides an indoor play space, toys and equipment for participants to use. Both adults and children have the opportunity to engage in active play and socialize with others. Adults choose toys and equipment that are suitable for the age and interest of their child (ren).

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	<u>LOCATION</u>
W&F	Weekly	9-11 a.m.	\$1	Washington Center Gym. 310 N. First Ave. W.

## Stay & Play at Duluth Public Library

**AGES:** 0 - 6

Parks and Recreation is teaming up with the much-loved and long-running library story time to offer an opportunity for active play and socializing. Fun, interesting and creative play equipment will be available in the green room for children and their families to enjoy after each Library Story Time. Stories take place at 10:15 a.m. and 11:15 a.m.

<b>DAY</b>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	LOCATION
W	Weekly*	10:30 a.m12:30 p.m.	Free	Duluth Public Library - Downtown Branch
				520 W. Superior St.

<sup>\*</sup> Through May 27

# Youth Open Gym

**AGES**: 0-16

Utilize indoor play space, toys and equipment. Both adults and children have the opportunity to engage in active play and socialize with others.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	<u>LOCATION</u>
Th	Weekly	noon-2 p.m.	\$1	Washington Center Gym, 310 N. First Ave. W.

# **Introduction to Archery**

**AGES:** 8+

Come learn a new skill and practice your accuracy! Participants will learn the basic safety, technique, and process for shooting archery and get a chance to test their skills. This is an introductory class for families and community members to learn the basics of archery taught by certified instructors by the Nationals Archery in the Schools Program.

The bows are not suitable for children under the age of 8.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	COURSE #
M	Jan. 6	6-8 p.m.	\$5	1166
M	March 2	6-8 p.m.	\$5	1167

**Location:** Washington Center Gym, 310 N. First Ave. W.

Max Enrollment: 16, pre-registration required two days prior to program

# **Archery - Games and Challenges**

**AGES:** 8+

Looking to test and improve your skills in unique archery games? Following a short refresher on range safety and shooting technique, we'll practice your skills in unique archery games including Tic Tac Toe, Battleship, Follow the Leader, and more! These sessions will also give you the opportunity to work on your form and cover how to use an archery scorecard. Prerequisite: Completion of Introduction to Archery or Archery Night within past year.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	COURSE #
M	Jan. 13	6-8 p.m.	\$5	1168
M	March 9	6-8 p.m.	\$5	1169
M	March 16	6-8 p.m.	\$5	1170

**Location:** Washington Center Gym, 310 N. First Ave. W.

Max Enrollment: 16, pre-registration required two days prior to program

# **Bonfire Trivia**

**AGES:** All (trivia difficulty suited for adults)

Test your winter-themed trivia skills around a campfire at Bayfront Family Center following our nightly Open Skate. Bring your friends and put your knowledge to the test for great prizes in a night of friendly competition while we stay warm around the fire. Up to five players per team.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	COURSE #
F	Jan. 10	7-8 p.m.	\$5/Team	1163
F	Feb. 7	7-8 p.m.	\$5/Team	1164

**Location:** Bayfront Family Center, 700 Railroad Ave.

## **Fireside Crafts**

**AGES:** Adults

Embrace new craft projects this winter while enjoying the ambiance of our winter-wonderland at the Bayfront Family Center. Bring a blanket, and cozy up by the fireplace while learning a new skill and taking home a project! No experience necessary; materials and instruction provided.

Pre-registration required, registration closes 2 days prior to program.

DAY TIME COST LOCATION

Th 6-8 p.m. \$20 per program Bayfront Family Center, 700 Railroad Ave.

### Jan. 16: Bead Embroidery

Course #: 1207

Learn about bead embroidery, a gorgeous way to add surface decoration to any textile! Materials are provided along with and some patterns to get started, or you can get elaborate with a design of your own.

#### Jan 30: Felt Session 1

Course #: 1208

Learn the basics during Session 1 of felting by making a small project for your home, or simply making felt to craft with. Come back for Session 2 to turn your craft felt into a usable good, or to make another small item. These two sessions can be taken together as a series, or individually.

#### Feb. 13: Felt Session 2

Course #: 1209

Continue working on your project from Session 1, or start here and learn the basics of felting by making a small project for your home, or simply making felt to craft with.

#### Feb 27: Candle Making

Course #: 1210

Learn about the candle making process and take home two of your very own natural soy wax candles to warm up your winter spirits.

#### Mar. 12: Lino Printing

Course #: 1211

Learn how to create unique prints using linoleum blocks!

#### Mar. 26: Basket Weaving

Course #: 1212

Learn about basketry and some of the many basket-making materials available all around you, then craft your own beautiful and functional basket!

## Apr. 9 Paper Making

Course #: 1213

Using a variety of materials, learn to make your own decorative and usable paper! A selection of resources will be available to create interesting textures and patterns.

#### Apr. 23: Book Binding

Course #: 1214

Learn several book-binding stitches, ranging from simple to complex. This is the perfect project to use homemade or specialty paper in a beautiful way!

## **Full Moon Snowshoe Hike**

AGES: All

Join us on the evening of the full moon as we enjoy the peacefulness of the forest under the night sky. Snowshoes and headlamps available for use (or bring your own). Restrooms are not available at trailheads in the winter. Please arrive early to allow time to put on snowshoes. Hikes will be beginner level.

DAY	<b>DATE</b>	<u>TIME</u>	COST	LOCATION	COURSE #
F	Jan. 10	5-6:15 p.m.	\$4	Kingsbury Creek	1189
				Meet at: Kingsbury Creek Trailhead,	
				72nd Ave. W. and Freemont	
Su	Feb. 9	5:30-6:45 p.m.	\$4	Waabizheshikana Trail	1190
				Meet at: Spring Street Trailhead	
M	March 9	6:45-8 p.m.	\$4	Park Point Beach Hike	1191
				Meet at: Park Point Nature Trailhead	
Th	April 7	7-8:15 p.m.	\$4	Hartley Park	1192
				Meet at: Nature Center Trailhead	
				3001 Woodland Ave.	

## **Snowshoe Hike**

AGES: All

Come explore the beauty of winter in our parks on snowshoes! We will talk about the animals that thrive in the winter and those that hibernate until springtime, as well as share some natural history about the Duluth area. Snowshoes included, or bring your own. Registration closes 2 days before event. Restrooms unavailable at trailheads in the winter. Snowshoeing at Chambers Grove Park will be entry-level and relatively flat, while the Piedmont snowshoeing session will be on an intermediate-level trail.

<b>DAY</b>	<b>DATE</b>	<u>TIME</u>	<b>COST</b>	LOCATION	COURSE #
Su	Jan. 12	noon-2 p.m.	\$4	Piedmont Trails	1161
				Meet at: Piedmont Parking lot,	
				Adirondack St. and Hutchinson Rd.	
Su	Jan. 26	noon-2 p.m.	\$4	Chambers Grove Park	1162
				Meet at: Chambers Grove, 100 134th Ave. W.	



# Intro to Winter Fat Tire Biking (2 sessions)

**AGES:** 16+

Winter weather doesn't have to stop you from biking! The sport of fat-tire biking continues to grow in popularity, and we want to help you get involved. This two-part course will introduce you to the world of fat-tire biking and cover the basics of how to get started, then conclude with a group ride in the second session.

Session 1 will be an indoor discussion surrounding fat tire biking and what goes into biking during the winter. Topics we will talk about include: cold weather biking apparel, basic bike equipment, trail conditions, access and use, tire pressure while riding on snow and winter biking safety.

Session 2, we will practice biking in the snow, followed by a group ride together (2-3 miles if time allows.) The location of this session will be announced at Session 1 and will depend on trail and weather conditions. Please dress for the weather. Fat bikes and helmets are included in the program fee. This will be a beginner-level ride that may include physically challenging sections.

You must attend both sessions to participate in this introductory course.

Register by Monday February 5.

DAY	DATE	<u>TIME</u>	<b>COST</b>	<u>LOCATION</u>	COURSE #
W	Feb. 5	5-7 p.m.	\$50	Lafayette Community Center,	1165
				3016 Minnesota Ave.	
Sa	Feb. 8	10 a.mnoo	n	Announced at session 1	

# **Nature Knowledge**

AGES: All

Ever wondered what adaptations make owls such skilled hunters? Who is making those animal tracks in my yard? What birds and other creatures will be returning to the area this spring? Join us to learn about the natural world around us in these educational activities based in parks throughout the city. This program takes place outside in a park setting and may include walking short distances. Please dress for the weather. Restrooms unavailable.

Pre-registration required. Register by Monday February 5.

DAY	<b>DATE</b>	<u>TIME</u>	TOPIC	COST	LOCATION	COURSE #
Su	March 29	1–2 p.m.	Rock Talk (Geology)	\$2	Lester Park Pavilion, 61 Lester River Rd.	1182
Tu	March 31	5–6 p.m.	Rock Talk (Geology)	\$2	Enger Park, 1601 Enger Tower Rd.	1183
Su	April 19	1–2 p.m.	Animal Tracks & Signs	\$2	Chambers Grove, 100 134th Ave. W.	1184
Tu	April 21	5–6 p.m.	Animal Tracks & Signs	\$2	Lester Park Pavilion, 61 Lester River Rd.	1185
Su	April 26	1–2 p.m.	A Migration Mystery	\$2	Enger Park, 1601 Enger Tower Rd.	1186
Tu	April 28	5–6 p.m.	A Migration Mystery	\$2	Grassy Point Trail, 4901 Leisure St.	1187

## **Winter Outdoor Skills**

AGES: All

Come on down to Bayfront Family Center for an introduction to winter outdoor skills! Embrace winter in the northland while learning about animal tracks, snowshoes, winter shelters and fire building! Please dress for the weather and be prepared to be outside.

Pre-registration is required two days prior to program.

<u>DAY</u>	<b>DATE</b>	<u>TIME</u>	COST	COURSE #
Sa	Feb. 8	noon-2 p.m.	\$2	1198
Sa	Feb. 22	noon-2 p.m.	\$2	1199

Location: Bayfront Family Center, 700 Railroad St.

## Women Hike Duluth

AGES: All

We have partnered with Hike Duluth to provide monthly guided hikes at various parks throughout Duluth to encourage women to be active and meet others who also enjoy the outdoors. Wear sturdy shoes and dress for the weather. Carpooling is encouraged, as many places have limited parking. Restrooms are unavailable at trailheads during the winter.

<b>DAY</b>	<b>DATE</b>	<u>TIME</u>	<u>COST</u>	LOCATION	COURSE #
Sa	Jan. 18	1–2 p.m.	Free	Chambers Grove Park,	1194
				100 134th Ave. W.	
Sa	Feb. 15	1–2 p.m	Free	Winter Beach Walk	1195
				Meet at: 5000 Minnesota Ave	
Sa	March 21	1–2 p.m	Free	Magney-Snively Closed Road	1196
				Meet at: 9900 block of West Skyline Parkway	
Τυ	April 21	6–7 p.m	Free	Lakewalk: Lester Park to Brighton Beach	1197
				Meet at: 61st and Lester River Road	



## YOUTH

# **Homeschool Archery**

**AGES**: 8+

Designed for homeschool groups, these archery sessions will cover the basics of archery including range safety, equipment, correct shooting technique, and provide opportunities to practice shooting skills in games and challenges. This program meets physical education graduation standards (ciric).

<b>DAY</b>	<u>DATE</u>	<u>TIME</u>	<b>COST</b>	<b>COURSE</b> #
Τυ	March 3	10-11:30 a.m.	\$5	1171
Τυ	March 10	10-11:30 a.m.	\$5	1172
Τυ	March 17	10-11:30 a.m.	\$5	1173
Τυ	March 24	10-11:30 a.m.	\$5	1174

Location: Washington Center Gym, 310 N. First Ave. W.

Max Enrollment: 16, pre-registration required two days prior to program

## School's Out: Frozen Fun

**AGES**: 8-14

Ice skating, sledding, crafts, games, outdoor skills, and more! Youth will spend these No School Days with Parks & Recreation staff at Bayfront Family Center doing outdoor and indoor recreation. Please send your child(ren) with weather-appropriate clothes including boots and snowpants. Please pick up by 4 p.m. (groups will be skating from 3 p.m. until pick up).

Registration closes when filled or the day before each session. Limited space available.

<b>DAY</b>	<b>DATE</b>	<u>TIME</u>	<b>COST</b>	COURSE #
F	Jan. 17	9 a.m4 p.m.	\$28	1156
Tυ	Feb. 18	noon-4 p.m.	\$16	1157
W	Feb. 19	noon-4 p.m.	\$16	1158
Th	Feb. 20	noon-4 p.m.	\$16	1159
F	Feb. 21	noon-4 p.m.	\$16	1160

**Location:** Bayfront Family Center, 700 Railroad St.

Max Enrollment: 12



## School's Out: Teen Adventures

**AGES**: 13-16

When school is out, we will go find adventures over the break week. Join us to participate in field trips and activities like disc golfing, hiking, archery and more!

We will meet at Bayfront Family Center each day, leaving for our field trips at 9 a.m., returning at 3 p.m. Sign up for one day or for the whole week! Registration required, closes day before event.

<b>DAY</b>	DATE	<u>TIME</u>	<b>COST</b>	COURSE #
M	April 6	8 a.m4 p.m.	\$32	1175
Τυ	April 7	8 a.m4 p.m.	\$32	1176
W	April 8	8 a.m4 p.m.	\$32	1177
Th	April 9	8 a.m4 p.m.	\$32	1178

**Location:** Bayfront Family Center, 700 Railroad St.

Max Enrollment: 11

ADULT

## **Outdoor Rec Club**

**AGES**: 18+

Get outside and explore Duluth this spring through a variety of outdoor opportunities with Duluth Parks & Recreation. Attend as many of the weekly sessions as you can. Cost includes all sessions. We provide equipment and instruction. Whatever your skill level, join other members of the community to stay active together this spring.

Activity locations will be sent upon registration. Registration required by March 1.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	<u>COURSE #</u>
M	March 2–May 18	5:30-6:45 p.m.	\$50	1201

#### **Weekly Themes:**

March 2 ....... Kicksledding

March 9 ...... Snowshoeing/Hiking

March 16......Snow Golf

March 23 ..... Nordic Walking

March 30 ...... Map and Compass

April 6..... Disc Golf

April 13.....Geocaching

April 20...... Nature Scavenger Hunt

April 27..... Archery

May 4.....Canoe/Hike

May 11.....Canoe/Hike

May 18..... Outdoor Skills Challenge

Max Enrollment: 20

10

## **ICE SKATING**

# **Open Skate**

AGES: All

This is an opportunity for anyone to try out ice skating. Indoor ice, music no sticks or pucks allowed on this indoor ice for a comfortably paced and secure environment for active fun and interaction. Limited skates available for use.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>
Su	Weekly*	3-5 p.m.	\$2
W	Weekly**	6:30-8 p.m.	FREE
M	Dec. 23&30	1:30-3:30 p.m.	FREE
Tu	Dec. 31	1:30-3:30 p.m.	FREE
Daily	Feb. 17-21	1:30-3:30 p.m.	\$2
Daily	April 6-10	1:30-3:30 p.m.	\$2

<sup>\*</sup> No skating Jan. 19 and April 12

Location: Essentia Duluth Heritage Sports Center, 120 S. 30th Ave. W.

## **Pre-School Skate**

**AGES**: 0-6

This is an opportunity for young children, accompanied by an adult, to begin learning how to ice skate without the crowds and intimidating speed of advanced skaters. Indoor ice, music; no sticks or pucks allowed on this indoor ice for a comfortably paced and secure environment to learn. Limited skates available for use. Locker rooms open at 9 a.m.

DAY	<u>DATE</u>	<u>TIME</u>	<b>COST</b>
Τυ	Weekly	9:15-10:30 a.m.	\$2

Location: Essentia Duluth Heritage Sports Center, 120 S. 30th Ave. W.

# **Skating Events**

Come for the party, stay for the skating. In partnership with Essentia Duluth Heritage Center, Children's Museum, and the Boy and Girls Club this Wednesday Skating night is packed full of extra fun. Includes games, art and science activities, and prize drawings – all listening to music with a live DJ!

<u>DAY</u>	DATE	<u>TIME</u>	<u>THEME</u>
W	Feb. 12	6:30-8 p.m.	Valentine's Day Skate
W	April 22	6:30-8 p.m.	Spring into Skating

**Location:** Essentia Duluth Heritage Sports Center, 120 S. 30th Ave. W.

<sup>\*\*</sup> Through May 20, no skating Feb. 19 and April 8

## **ICE SKATING**

# **Outdoor Skating: Bayfront Rink**

AGES: All

Join us down at Bayfront Family Center to enjoy skating in the heart of Duluth! The warming house will be open every day, weather permitting, and skates are available for use. Concessions available for purchase.

Open daily starting January 2 – until the ice melts; weather cancellations will be posted on our website: duluthmn.gov/parks/weather-cancellations

**Hours**: M-F 3-7 p.m. | Sa noon-7 p.m. | Su noon-4 p.m.

Cost: FREE

## **Special Activity Nights**

Tuesdays: 4:30-6 p.m.

Jan. 7 ...... Hand-Stitched Journal Craft

Jan. 14..... Craft-stick Snowman Craft

Jan. 21 ..... Beaded Snowflakes Craft

Jan. 28 ..... Snowshoe Night

Feb. 4...... Egg Carton Penguins

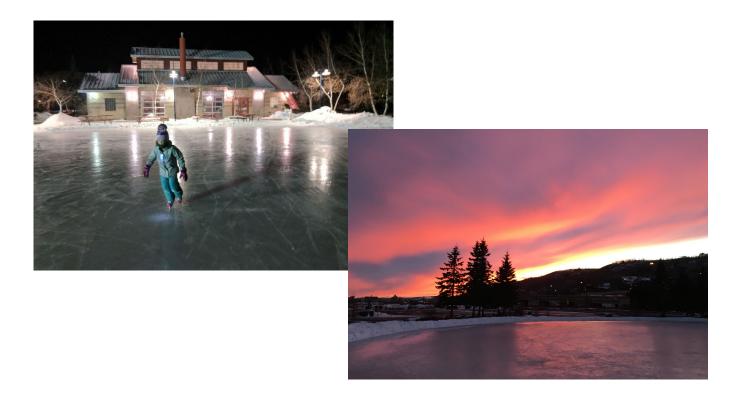
Feb. 11 ..... Pop-Up Valentine's Day Cards

Feb. 18..... Outdoor Obstacle Course

Feb. 25..... Potato Prints

**Fridays:** Enjoy a bonfire near the rink and s'mores available from our concession stand!

Location: Bayfront Family Center, 700 Railroad St.



## **ATHLETICS**

# **Broomball League**

**AGES**: 16+

Get swept off your feet with opportunities to play broomball this winter! This league is working with Twin Ports Broomball to provide fresh first-timers and dusty, seasoned veterans a place to compete and build camaraderie.

All skill levels are encouraged to register! Individuals will register as "free agents" and will be drafted onto a team and informed prior to league start. Basic skills and experience questions are asked to help balance teams as best as possible.

Location: Essentia Duluth Heritage Sports Center, 120 S. 30th Ave. W.

DAY	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	COURSE #
W	Feb. 19-April 8	8:15-10:15 p.m.	\$40	1200

# Pickup Adult Basketball

**AGES**: 16+

Once-a-month late night pickup basketball giving people an opportunity to hoop and hang out!

Location: Washington Center Gym, 301 N. First Ave. W.

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>
M	Jan. 27	7-9 p.m.	\$2
M	Feb. 24	7-9 p.m.	\$2
M	March 30	7-9 p.m.	\$2
Μ	April 27	7-9 p.m.	\$2

# **Ultimate League**

**AGES**: 16+

These leagues will build upon the growing participation in ultimate in Minnesota and provide women and men additional opportunities to play. Leagues work to improve team-building, cooperation, and camaraderie for all looking to get involved with ultimate.

All skill levels are encouraged to register! Individuals will register as "free agents" and will be drafted onto a team and informed prior to league start. Basic skills and experience questions are asked to help balance teams as best as possible.

<b>DAY</b>	DATE	<u>TIME</u>	COST	<u>LOCATION</u>	COURSE #
Tu	Jan. 21-March 10	7-9 p.m.	\$25	Washington Center Gym	1139
				310 N. First Ave. W.	
Τυ	Mar. 31-May 26	7:15-9:15 p.m.	\$25	Essentia Duluth Heritage Center	1155
				120 S .30th Ave. W.	

## **SENIORS**

## Senior programs are designed for those ages 55 and older.

#### **Senior Center Locations:**

Evergreen: 5830 Grand Ave Portman: 4601 McCulloch St. Morgan Park: 1242 88th Ave. W.

#### **Senior Center Meetings:**

Everygreen: Second Friday at 10:30 a.m. Morgan Park: First Wednesday at 10:30 a.m.

Portman: First Monday at noon

#### **Resources:**

Senior Linkage Line

A free information and assistance service offered by the State of Minnesota for older adults and their families.

1-800-333-2433 M-F, 8 a.m.-4:30 p.m.

www.Seniorlinkageline.com

# **Open Gym**

**AGES**: 55+

The large gym will be open and participants will have access to a variety of sports equipment and games. This is an opportunity for active fun and social time with others. Beverages and healthy snacks will be served afterwards in the community room overlooking downtown, where conversations can unfold!

<u>Day</u>	<u>Date</u>	<u>Time</u>	Cost	<u>Location</u>
Th	Weekly	9-11 a.m. (Gym)	\$2	Washington Center, 310 N. First Ave. W
		11 a.mnoon		Washington Center Community Room

<sup>\*</sup>No program Dec. 26 & Jan. 2.

## **AARP Smart Driver Course**

The AARP Smart Driver Course is the nation's largest classroom and online driver safety course and it's designed especially for drivers age 50 and older. Certificate of completion may entitle you to reduced car insurance rates. Check with your individual insurance company.

## **4-HOUR REFRESHER CLASS**

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Jan. 14	1-5 p.m.	Evergreen
Jan. 16	1-5 p.m.	Portman
Feb. 11	1-5 p.m.	Evergreen
Feb. 20	1-5 p.m.	Portman
March 10	1-5 p.m.	Evergreen
March 19	1-5 p.m.	Portman
April 14	1-5 p.m.	Evergreen
April 16	1-5 p.m.	Portman
	Jan. 14 Jan. 16 Feb. 11 Feb. 20 March 10 March 19 April 14	Jan. 141-5 p.m.Jan. 161-5 p.m.Feb. 111-5 p.m.Feb. 201-5 p.m.March 101-5 p.m.March 191-5 p.m.April 141-5 p.m.

#### 8-HOUR FIRST TIME CLASS

<b>DAY</b>	DATE	<u>TIME</u>	<b>LOCATION</b>	
Tu & W	March 3&4	5-9 p.m.	Portman	
Th & W	Feb. 18&19	5-9 p.m.	Morgan Park	

COST: \$20, AARP members \$15

## **SENIORS**

# **Bingo**

Join us for an afternoon of playing bingo with your friends. At our sites, we play 9 games of bingo for package price, and you have an option to play two additional games for an extra fee. Bring your own daubers or you can buy daubers for \$1.

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
M & F	noon-3 p.m.	Portman
W	noon-3 p.m.	Morgan Park
Th	noon-3 p.m.	Evergreen

**COST:** Varies for 3-9 cards packages – \$1.50- 4.50. Additional games \$1 per strip of 3 cards.

# **Cards and Games**

Come join us for a variety of card and board games. Card games include - Bridge, Cribbage, 500, Hand & Foot. Board games played are Mahjong and Dominoes

**COST:** Free

		Evergreen	N	Aorgan Park		Portman
Activity	Day	Time	Day	Time	Day	Time
Bridge	W	noon-3 p.m.	F	noon-3 p.m.	М	noon-3 p.m.
Cribbage	M, F	noon-3 p.m.	Tu	noon-3 p.m.	Th	11:30 a.m3 p.m.
500	Tu, F	noon-3 p.m.				
Hand & Foot	M, F	noon-3 p.m.				
Dominoes		noon-3 p.m.				
Mahjong	Tu	noon-3 p.m.			W	noon-3 p.m.

# **Crafts Groups**

Come out and meet or reconnect with friends by bringing your own projects to work on. All crafts are welcome, bring your own supplies.

<u>DAY</u>	<u>TIME</u>	COST	<b>LOCATION</b>
Τυ	noon-3 p.m.	Free	Evergreen
W	noon-3 p.m.	Free	Evergreen

## **Exercise - Bone Builders**

Bone Builders is a group exercise weight training program that was created for adults that are interested in preventing and reducing osteoporosis. By increasing your muscle strength and bone density, you can protect yourself from osteoporosis.

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
M,W, F	9-10 a.m.	Evergreen
M,W, F	10-11 a.m.	Morgan Park
M, F	9-10 a.m.	Portman

COST: Free, but you will need a note filled out by your doctor. Forms are available at the sites.

## **SENIORS**

## **Movies**

Join us for a movie and treat this spring!

<b>DAY</b>	DATE	<u>TIME</u>	MOVIE
W	Jan. 8	1–3 p.m.	Secret Life of Pets
W	Jan. 22	1–3 p.m.	The Hustle
W	Feb. 5	1–3 p.m.	Return to Me
W	Feb. 19	1–3 p.m.	John Wick
W	March 4	1–3 p.m.	Yesterday
W	March 18	1–3 p.m.	Isn't it Romantic
W	March 25	1–3 p.m.	TBA- will show a movie if weather cancellation

Location: Evergreen, 5830 Grand Ave.

Cost: Free

Max Enrollment: 20

# **Generations Outside (GO!)**

Ages: 55+ with youth grandchild(ren)

This program is focused on building generational relationships between grandparents and grandchildren through experiences in the great outdoors! Activities will include hiking, bird watching, and creating nature-based art. Youth should be ages 6 and older in order to match the physical activity level of these experiences.

DAY	DATE	<u>ACTIVITY</u>	TIME	COST	<b>LOCATION</b>	<b>COURSE</b>
Sa	March 28	GO! Hiking	9:30-11:30 AM.	\$2/person	Hartley Park	1179
					Meet at: Nature Cente	r Trailhead,
					3001 Woodland Ave.	
W	April 8	GO! Birding	9:30-11:30 AM	\$2/ person	Hawk Ridge	1180
					Meet at: 3980 E. Skyline	e Parkway
Sa	April 25	GO! Create (Nature Art)	9:30-11:30 AM	\$2/person	Enger Park	1181
					Meet at: 1601 Enger To	wer Rd.

Max Enrollment: 20

# **Hikes**

**Ages:** 55+

Join us on this series of hikes to get you out and moving all winter long! Come for one, or all, we'll explore a different trail each session, facilitating discussion on topics related to that trail, the area around it and nature. Pace will match participants collective ability. Snack provided after hike. Wear appropriate shoes and dress for the weather.

DAY	DATE	TIME	COST	<u>LOCATION</u>
M	Jan. 15-March 30*	1-2 p.m.	\$2	New location each week, sign up online or call
				our office for a detailed listing of locations

\*No program Jan. 20 or Feb. 17

**Max Enrollment: 20** 

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## **SENIORS - DAY TRIPS**

# The Legendary Ladies of Country Music

**Ages:** 55+

Enjoy an unforgettable evening of live music at the Paramount Theater in St. Cloud featuring number one hits from Patsy Cline, Loretta Lynn and Dolly Parton. "I Will Always Love You," "Jolene," "Walking After Midnight," "I Fall to Pieces," "Coal Miner's Daughter," "Blue Kentucky Girl" and many more. The Legendary Ladies of Country Music put on a excellent performance. Trip includes entertainment and luncheon.

Activity Level: Moderate – Seats are in the balcony

 DAY
 DATE
 TIME
 COST
 COURSE

 Tu
 Feb. 11
 7:30 a.m.-8 p.m.
 \$88
 1188

Bus pick up location: Morgan Park Community Center, 1242 88th Ave. W.

Register by: Jan. 7

Min Enrollment: 30 Max Enrollment: 50

# **Triple Espresso**

**Ages:** 55+

Triple Espresso is a highly caffeinated comedy that shines the spotlight on three hilarious performers as they reminisce about their ill-fated big break. Triple Espresso tells the story of three performers whose bid for showbiz fame and fortune ended in 4-minutes of magnificent failure on national television. Hugh Butternut, Buzz Maxwell, and Bobby Bean tell their rags-to-rags story earnestly with hysterical results. Performance will take place at the Sheldon Theater in Red Wing. Includes all tickets, lunch and tips.

 DAY
 DATE
 TIME
 COST
 COURSE

 F
 April 1
 7:30 a.m.-9:45 p.m.
 \$98
 1205

Bus pick up location: Morgan Park Community Center, 1242 88th Ave. W.

Register by: March 13

Min Enrollment: 30 Max Enrollment: 50

# **SENIORS - DAY TRIPS**

## Stillwater Historical Tour

**Ages:** 55+

This tour will take you on a guided narration of the history and folklore of Stillwater, beginning with its early days as a community of Irish immigrants working in the lumbering city.

Points of interest along your walking tour will include the Episcopal Church to see windows that were made by the famous Tiffany's of New York in the early 1900s and the Church of St. Michael, one of the oldest parishes in Minnesota. You will also learn about the Minnesota Correction Facility built in 1914 and drive past the 1853 historic Warden House and hear about the thirteen wardens that lived in the house until 1914 when the prison moved.

Have lunch at the Lowell Inn, better known as the "Mt. Vernon of the Midwest."

 DAY
 DATE
 TIME
 COST
 COURSE

 W
 June 24
 6:30 a.m.-5:15 p.m.
 \$93
 1206

Bus pick up location: Morgan Park Community Center, 1242 88th Ave. W.

Register by: May 15

Min Enrollment: 30 Max Enrollment: 50

## Men's Coffee and Conversation Club

**Ages:** 55+

Join us for conversations in this new weekly men's discussion group. Meet and connect with new people while discussing a variety of informal topics. Coffee & donuts are available for small donation.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>	<u>Location</u>
W	Weekly	9-11 a.m.	\$1	Portman Community Center,
				4601 McCulloch St.





## **GROUP PROGRAMMING**

# **Group Programming & Mobile Recreation**

AGES: All

Schedule a group program with Duluth Parks & Recreation! We work with a diverse range of groups including schools, youth agencies, social clubs, businesses, adults and families. Our programs are customized for each group and available year-round. We can bring programming to you at a Duluth location of your choosing! Parks and Recreation staff will bring the equipment and supplies to facilitate a lesson or activity that best serves your group.

**PRICE:** Varies per program and participant numbers. Call 218-730-4300 or email parks@duluthmn.gov to inquire about times and program options for your group:

Choose from the menu of options for your group:

#### **Outdoor Education Lessons:**

- Astronomy
- Forest Ecology
- GPS/Geocaching
- Team Building
- Nature Art
- Orienteering/Map & Compass
- Survival Skills
- Water Ecology
- Wildlife Studies

#### **Recreation:**

- Archery
- Arts and Craft Kits
- Disc Golf
- Kickball
- Soccer
- Snowshoeing
- Ultimate Frisbee
- Wiffleball
- Yard Games: Bean Bag Toss, Bocceball, Croquet, Giant Connect 4, Giant Jenga, Ladder Golf, Kubb



# **FACILITY RESERVATIONS**

#### Duluth Parks and Recreation manages five different buildings that are available for rent. Those buildings are:

- City Center West / Evergreen Center
- Morgan Park Community Recreation Center
- Portman Community Recreation Center
- Lafayette Park Community Center
- Piedmont Community Recreation Center

For building availability and rental rates, please visit duluthparks.gov/parks/register.

#### Duluth Parks and Recreation does not manage the following buildings.

Please contact them directly for assistance.

- Bayfront Family Center 218.722.5573 • bayfront@decc.org • https://bayfrontfestivalpark.com
- Park Point Beach House 218.722.4745 x164 • cpodtburg@duluthymca.org https://www.duluthymca.org/locations/parkpoint
- Chester Bowl Chalet 218.724.9832 • sam@chesterbowl.org • https://www.chesterbowl.org
- Central Hillside Community Center 218.727.5372 • jsimonette@1roofhousing.org
- Grant Recreation Center 218.724.1193 • monajc@chartermi.net
- Woodland Community Center 218.722.4745 x182 • kdriessen@duluthymca.org
- Duluth Heritage Sports Center 218.464.1711 • https://www.duluthheritage.com
- Harrison Community Recreation Center 218.624.1510 • http://www.hrsncc.org

# Private Events, Special Events and Weddings

Looking to hold an event? Permit applications and facility rentals can be found online by visiting duluthmn.gov/parks/register.

#### **Private Events**

- Birthday Party
- Baby/Bridal Shower
- Corporate Party
- Picnic
- Family Reunion Ceremony
- Graduation
- Celebration of Life
   Gathering

#### **Special Events**

- Walk, Run, Cycle Event
- Festival
- Fair
- Concert
- Rally

## **VOLUNTEER**

## Clean and Green

Volunteer to keep our parks and trails "clean and green."

Everyone is encouraged to help, whether you are an individual or part of a larger group or organization. The City will provide the necessary supplies (bags, gloves, litter pickers, buckets) to all registered Clean and Green projects and will also haul away the bags of collected garbage after the event! One-time clean-up events are a great group activity for friends, clubs, or businesses. Opportunities to help out begin following snowmelt in early spring and will continue all the way through the season until snowfall in late fall.

#### Organize your own clean-up event:

https://duluthmn.gov/parks/volunteer/clean-and-green/

# Sign-up to volunteer at a City-sponsored event:

http://www.duluthmn.gov/parks/volunteer/volunteer-calendar/ or contact Cheryl Skafte at cskafte@duluthmn.gov or 218-730-4334

### **Special event Opportunities**

Open to individuals 16 years and older

#### **Cold Front**

Feb. 1

Variety of opportunities

#### **Skating programs**

Tuesdays, Sundays and Wednesday Assist with skate hand out, monitoring rink

#### **Recreation Programs**

**Varies** 

Many of our programs use an assistant to help guide the group, hand out equipment or check people in. Please inquire if you're interested in volunteering for a specific program.



